

Friday, May 29, 2009

More Wyoming Swine Flu (H1N1) Cases Confirmed

Laboratory testing at the Wyoming Public Health Laboratory has confirmed seven more infections of swine flu (novel H1N1) virus in state residents according to Wyoming Department of Health officials. This brings the total number of laboratory-confirmed infections to nine.

The seven new infections are in five youths and two adults from Laramie County.

“The finding of these additional cases highlights that influenza is circulating in Wyoming, and people should take precautions to protect themselves and others from illness,” said Dr. Tracy Murphy, state epidemiologist with the Wyoming Department of Health. Murphy said the recommended precautions are generally the same as what is recommended during any influenza season.

Those precautions include:

- Staying home from work, school or travel while ill with flu-like symptoms such as fever, cough, sore throat, and body aches. Those who are severely ill (such as having trouble breathing) should seek medical care.
- Frequent hand washing with soap and water or the use of an alcohol-based hand gel.
- Covering noses and mouths with a tissue or sleeve when coughing or sneezing, and throwing used tissues in a trash can.
- Avoiding contact with ill persons.
- Persons who are high risk for complications from influenza (such as persons 65 years or older, children younger than 5 years, pregnant women, and persons with chronic medical conditions) should consider avoiding crowded or large gatherings if ill persons may be present.

Dr. Brent Sherard, Wyoming Department of Health Director and State Health Officer, said so far, the reported swine flu illnesses in the United States have been fairly comparable to what is seen with seasonal influenza. Symptoms include fever, cough, sore throat, body aches, headaches, and fatigue. Some patients have also reported diarrhea and vomiting.

Health officials are continuing to closely monitor influenza activity in the state and will make new or additional recommendations if indicated.

More information about the swine flu situation and Wyoming is available online at www.health.wyo.gov.

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